



Arabic Beef And Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basmati long-grain uncooked
- ☐ 2 teaspoons beef-flavored bouillon granules
- ☐ 1.5 teaspoons garlic powder
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1 pound lamb lean
- ☐ 1 cup onion chopped

- ☐ 0.3 cup pinenuts toasted
- ☐ 5 tablespoons seasoned rice vinegar
- ☐ 2 cups water

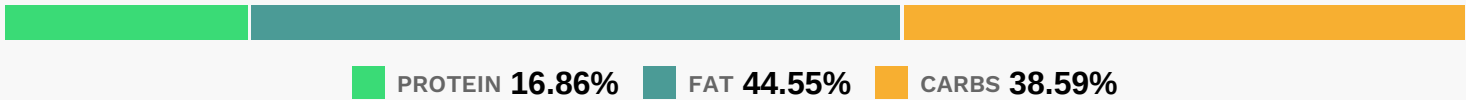
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ colander

Directions

- ☐ Preheat oven to 35
- ☐ Cook beef and onion in a large nonstick skillet over medium-high heat until beef is browned, stirring to crumble.
- ☐ Drain in a colander; return to skillet.
- ☐ Add water and next 5 ingredients; stir well.
- ☐ Spoon mixture into an 11- x 7-inch baking dish coated with cooking spray. Cover and bake at 350 for 45 minutes or until liquid is absorbed. Stir in raisins and pine nuts.
- ☐ Serve with seasoned rice vinegar.

Nutrition Facts



Properties

Glycemic Index:43.97, Glycemic Load:24.73, Inflammation Score:-2, Nutrition Score:8.2121738759072%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 477.63kcal (23.88%), Fat: 23.81g (36.63%), Saturated Fat: 9.46g (59.14%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 44.1g (16.04%), Sugar: 10.38g (11.54%), Cholesterol: 66.26mg (22.09%), Sodium: 272.66mg (11.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Manganese: 1.21mg (60.7%), Iron: 2.41mg (13.4%), Copper: 0.26mg (12.98%), Phosphorus: 114.09mg (11.41%), Magnesium: 37.3mg (9.32%), Fiber: 2.3g (9.19%), Selenium: 6.44µg (9.19%), Vitamin B6: 0.17mg (8.51%), Potassium: 256.69mg (7.33%), Zinc: 0.99mg (6.61%), Vitamin B3: 1.14mg (5.69%), Vitamin B1: 0.07mg (4.81%), Vitamin E: 0.71mg (4.76%), Calcium: 46.97mg (4.7%), Vitamin B5: 0.47mg (4.67%), Vitamin B2: 0.07mg (4.31%), Vitamin K: 4.5µg (4.29%), Vitamin C: 3mg (3.63%), Folate: 12.56µg (3.14%)